

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Athletic Training Education Program

ATEP 300 DL2—Functional Anatomy
(3 cr) Fall 2021

Lecture Tuesday 12:00 – 1:15 pm ONLINE, SYNCHRONOUS
Lab Section 201 - Thursday 12:00 – 1:15 pm | Lab Section 202 - Tuesday 1:30 – 2:45 pm
Science & Technology Campus (Manassas, VA) - Colgan Hall 318

Faculty

Name: Kelley Wiese, MS, LAT, ATC
Office Hours: Virtually by appointment
Office Location: Virtual
Email Address: kwiese2@gmu.edu

PREREQUISITES/COREQUISITES

BIOL 124 - Human Anatomy and Physiology (4cr)

BIOL 125 - Human Anatomy and Physiology (4cr)

COURSE DESCRIPTION:

Increase students' knowledge and exposure to the structural and functional components of human anatomy including musculoskeletal origins, insertions, actions and innervations.

COURSE OVERVIEW

N/A

COURSE DELIVERY METHOD

This course will be delivered both in person and online, using a mix of synchronous and asynchronous formats via Blackboard Learning Management system (LMS) housed in the MyMason portal and Zoom. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @gmu.edu) and email password. Zoom links provided on blackboard. The course site will be available on August 23, 2021.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate and Zoom web conferencing tools.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.

Expectations

- Course Week:

This course has a synchronous online component with the lecture meeting on Tuesday 12:00 -1:15 pm and the hybrid synchronous lab sections meeting on Tuesday 1:30 pm – 2:45 pm (Section 202) and Thursday 12:00 – 1:15 pm (Section 201). Therefore, the course week will run Tuesday through Monday, with assignments being due either at the beginning of lecture or the beginning of lab, as specified on the course schedule.

- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 4 times per week. **Zoom links provided on blackboard.**

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions. Students are also expected to be on time *ready to begin* at the designated start time for all class meetings including both virtual and in person meetings.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities, and assignments due.

- Instructor Support:

Students may schedule a virtual one-on-one meeting to discuss course requirements, content or other course-related issues. Students should email the instructor to schedule a one-on-one session, including suggested dates/times.

- Etiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting

them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services.

LEARNER OUTCOMES

At the completion of this course students should be able to:

1. Identify terminology related to biomechanics.
2. Describe linear, angular, and other forms of motion used in sports.
3. Describe types of mechanical loads that act on the human body
4. Describe the effects of mechanical loads on bones.
5. Describe human skeletal articulations in relation to their movement capabilities.
6. Describe the relationship of the musculotendinous unit to muscle function.
7. Identify muscle function in producing upper and lower extremity movements.
8. Identify muscle function in producing movements of the spine.
9. Describe kinematic and kinetic variables of human movement.
10. Describe the stability of a body in relation to mechanical factors.
11. Identify anatomical landmarks, surface markings, and various soft tissue structures by palpating a live model.

PROFESSIONAL STANDARDS

The course meets Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies in one or more of the following content areas: evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute care of injury and illness, therapeutic interventions, psychosocial strategies and referral, healthcare administration, professional development and responsibility.

REQUIRED TEXTS

- 1) Floyd, R.T. (2015). Manual of Structural Kinesiology, 21st edition. McGraw Hill.
- 2) Biel, A. (2014). Trail Guide to the Body, 6th Edition. Books of Discovery.
- 3) Biel, A. (2014). Trail Guide to the Body Student Workbook, 6th Edition. Books of Discovery.
- 4) Biel, A. (2010). Trail Guide to the Body Flashcards, 4th Edition. Books of Discovery. OR AnatomyMapp app from www.booksofDiscovery.com

COURSE PERFORMANCE EVALUATION

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy). Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities and competency testing. Students will also be asked to provide feedback throughout the duration of the course.

ASSIGNMENTS AND EXAMINATIONS

- **Written Examinations**

Four written examinations will be administered. The format of the examinations will be multiple choice, true/false, labeling, short answer, matching, and/or fill in the blank type questions. Each of the examinations will test material covered during the prior course materials, textbook readings and class assignments. Due to the importance of using correct medical terminology, spelling will count. Exams will be administered via

blackboard and will require Respondus Lockdown Browser AND a webcam. Exams will open on blackboard at 12:00 pm on Tuesday and will close on Thursday at 2:00 pm. Each exam will be allotted 2 - 4 hours, subject to change based on the unit. Exams must be taken in a single sitting and cannot be saved and continued later. Students must adhere to the George Mason Honor Code (referenced below). Any infractions will be appropriately reported and a grade of zero will be awarded for the assessment/assignment.

- **Palpation Examinations**

Two assessments of palpation psychomotor skills will be administered throughout the semester. The skills practiced in class will be assessed in a live practical examination format. This is a real-time examination that will require the student to locate various anatomical structures on a live model OR skeletal models (COVID-19 dependent). Students will be scheduled for testing on a first come, first serve basis. Test day and time will be during regularly scheduled class times.

- **Quizzes**

As indicated on the Course Schedule, a quiz will be given each week from the required readings, workbook assignments or previously covered material. This will be a brief assessment using a mix of questions (fill in the blank, multiple choice, true/false, matching, labeling, short answer) to assess the student's knowledge throughout the course. A total of 11 quizzes will be given during the semester and the best 10 will count toward your quiz grade. Quizzes will open on blackboard Thursday at 2:00 pm and will be due the following Tuesday at 12:00 pm prior to the next class meeting. Once the quiz is opened you will have 30 minutes to complete it. Quizzes must be taken in a single sitting and cannot be saved and continued later. If you do not take the quiz in the allotted time period, you cannot make up the quiz. If a quiz is missed due to an excused absence, it can be made up upon the student's return to class once the appropriate documentation has been provided. **Students are responsible for informing the professor ahead of the due date if a quiz will be missed.** Due to the importance of using correct medical terminology, spelling will count.

- **Student Work Book Assignments**

Student workbook assignments are listed on the syllabus and will be submitted on the date listed in the course schedule (below). You must follow the directions and complete all student work book requirements: if it says to color, label, etc. you must complete for credit. Workbook assignments will be due at the beginning of the lab section ***you are registered for*** (Tuesday at 1:30 pm or Thursday at 12:00 pm). During weeks in which lab is virtual, workbook assignments will be due via blackboard by Tuesday at 1:30 pm. **NO late assignments will be accepted!**

- **Review Activity**

Prior to each exam, a review activity will be assigned to assist the student in reviewing a part of material to be tested on the exam. This activity will change format for each exam and will be assigned during lab the week prior to the exam. Review activities will be due via blackboard on Tuesday at 12:00 pm, prior to when the examination period will open.

- **Class Time & Participation**

Coming in for the scheduled class time is expected and will result in points towards the final grade. Class time will consist of reviewing material from video lectures, palpation practice and discussions. This is subject to change as updates on COVID-19 develop. Class participation will require actively engaging in class discussions, activities, and assignments. Points for class participation will also reflect student timeliness, professional demeanor, effort and use of professional language.

PROFESSIONAL DISPOSITIONS

Students are expected to exhibit professional behaviors and dispositions at all times.

See <https://cehd.gmu.edu/students/polices-procedures/>

CORE VALUES COMMITMENT

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles:

<http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

OTHER REQUIREMENTS

- **E-mail Correspondence**

Please allow 48 hours for an email return during work hours and the work week. If an email is received in the evening or on the weekend, please allow 48 hours following the start of the next business day for a response. Only messages that originate from a George Mason University address will be accepted. All email correspondences must follow a professional format (including a subject, beginning salutation, appropriate text body, ending salutation and signature) with correct grammar/spelling and must follow the etiquette guidelines discussed above. **Emails that do not follow the specified guidelines will be discarded without a response.** The following is an appropriate professional format:

Subject: Course Question

Dear Professor Wiese, (Beginning salutation)

I am looking forward to your class. (Text body)

Regards, (Ending Salutation)

Kelley Wiese (Your name)

COURSE PERFORMANCE EVALUATION WEIGHTING

Evaluation Type	Number	Points for each	Total Points
Written exams	4	100	400
Palpation exams	2	100	200
Class Participation & Activities	15	10	150
Student Workbook Assignments	10	10	100
Quizzes	10/11	10	100
Review Activities	4	10	40
Syllabus Contract	1	10	10
TOTAL			1,000

GRADING POLICIES

Grades will **not** be rounded. The student's final letter grade will be earned based on the following scale:

A: 93 – 100%
A-: 90 – 92.9%
B+: 87 – 89.9%
B: 83 – 86.9%
B-: 80 – 82.9%

C+: 77 – 79.9%
C: 73 – 76.9%
C-: 70 – 72.9%
D: 60 – 69.9%
F: < 59.9%

TENTATIVE COURSE SCHEDULE

Date/Week		Lesson	Readings		Assessments	Assignments	Lab
			Trail Guide	Floyd			
Unit 1	8/24/21	Introduction & Welcome Lesson 1 - Kinesiology Terms, Body Regions, Planes/Axes of Motion	Syllabus		Quiz #1: Pre-Class Knowledge Check	Pre-Class Knowledge Check (Due before lecture BB)	Online
	8/31/21	Lesson 2 -Kinesthesia, Proprioception & Diarthrodial Joints	1-47, 108-109, 168-169, 226-227, 270-274, 276-277, 344-345	Chapter 1, 53-56	Quiz #2	Syllabus Contract (Due before lecture BB) WB: pg 1-9; 19-22, 52, 84, 119, 143, 179 (Due Tues 1:30 pm BB)	Online
	9/7/21	Lesson 3 Review Exam 1 No Lab	Review Chapters & Quiz Content		Exam #1	Review Activity (Due before lecture BB)	Online Exam No Lab
Unit 2	9/14/21	Lesson 3 - Palpation Intro, Skeletal System, Bone Types/Feature Markings	48-60, 100-106, 110-125, 160-165, 170-187, 228-238, 278-295, 336-342, 346-365, 392-405	91-91, 115-120, 144-154, 177-184, 219-225, 265-270, 287-298	Quiz #3	WB: pg 14, 26-28, 47-50, 53-57, 79-82 (Due Tues 1:30 pm BB)	Online
	9/21/21	Lesson 4 - Upper Body Bones and Palpation Points			Quiz #4	WB: pg 120-124, 142, 144-149, 173-177 (Due during lab)	Colgan 318
	9/28/21	Lesson 5 - Lower Body Bones and Palpation Points			Quiz #5	WB: pg 180-186, 202-208 (Due during lab)	Colgan 318
	10/5/21	Exam #2 Palpation Exam #1	Review Chapters & Quiz Content		Exam #2 Palpation Exam #1 (Lab)	Review Activity (Due before lecture BB)	Online Exam & Palpation Exam (Colgan)
Unit 3	10/12/21	Lesson 6 - Skeletal Muscle Nomenclature, fiber types, terminology, contractions, and actions No Class/Lab: Fall Break	61-99, 127-159, 240-269, 296-332, 366-390	Chapter 2, 95-end chapter 4, 121-end of chapter 5, 155-end chapter 6, 185-end chapter 7, 226-end of chapter 8, 271-end chapter 9, 299-end chapter 10	Quiz #6	WB: pg 16, 30-45 (Due Tues 1:30 pm BB)	Fall Break No Class/Lab
	10/19/21	Lesson 7 - Upper Body Muscles and Palpation Points			Quiz #7	WB: pg 59-77, 125-140, (Due during lab)	Colgan 318
	10/26/21	Lesson 8 - Lower Body Muscles and Palpation Points			Quiz #8	WB: pg 150-170 (Due during lab)	Colgan 318
	11/2/21	Review: Muscles and Palpation Points			Quiz #9	WB: pg 187-200 (Due during lab)	Colgan 318
	11/9/21	Exam #3 Palpation Exam #2	Review Chapters & Quiz Content		Exam #3, Palpation Exam #2 (Lab)	Review Activity (Due before lecture BB)	Online Exam & Palpation Exam (Colgan)

Date		Lesson	Readings		Assessments	Assignments	Lab
			Trail Guide	Floyd			
Unit 4	11/16/21	Lesson 9- Trunk and Spinal Column	170-223	Chapter 11, Chapter 12	Quiz #10	WB: pg 85-117 (Due during lab)	Colgan 318
	11/23/21	Lesson 10- Nerves and Common Injuries No Lab: Thanksgiving			Quiz #11	WB: pg 23-24 (Due Tues 1:30 pm BB)	Thanksgiving No Lab
	11/30/21	Make Up/Review Final Exam Part 1	Review Chapters & Quiz Content		Exam #4	Review Activity (Due before lecture BB)	Online Final Exam Part 1
	12/7/21	No Class/Lab: Reading Period					No Lab
	12/14/21	Final Exam Part 2			Exam #4	*Course Evaluations*	Online Final Exam Part 2

Note: Faculty reserves the right to alter the schedule as necessary.

Student Acknowledgement of Syllabus

I, _____, by signing below, attest to the following:
(Print First and Last Name)

*I have read the course syllabus for ATEP 300 in its entirety, and I understand the policies contained therein. This syllabus serves as a binding contract for ATEP 300 between me and the instructor.

*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.

*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.

*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.

*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for messages, or forward Blackboard e-mail as per the directions provided in the syllabus.

(Signature)

(Date)

(Student Copy: This copy should remain attached to your syllabus)

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*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for messages, or forward Blackboard e-mail as per the directions provided in the syllabus.

(Signature)

(Date)

(Instructor Copy: Submit to the instructor at the end of the first class meeting)